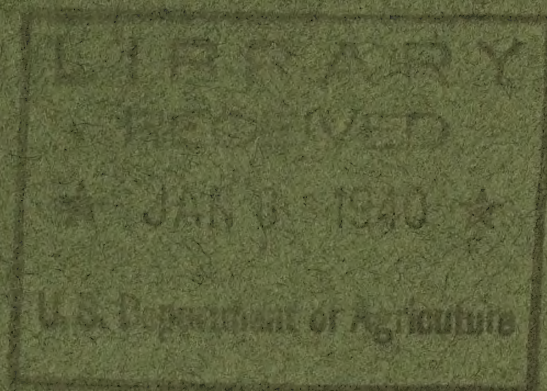


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4-H CLUB OBJECTIVES
IN
HOMEMAKING ACTIVITIES

4-H Leaders' Breakfast
Chicago, Illinois
December 5, 1939

Extension Service
UNITED STATES DEPARTMENT OF AGRICULTURE

4-H CLUB OBJECTIVES
IN
HOMEMAKING ACTIVITIES

GENERAL HOMEMAKING

To help 4-H Club members:

1. To gain a broad understanding of the major phases of homemaking.
2. To appreciate those factors that make for happy family life.
3. To participate in home activities as members of the family group.
4. To develop and maintain optimum physical and mental health.
5. To learn to buy wisely and use intelligently farm and home resources to the end that the family income may be well utilized and family goals attained.
6. To develop those housekeeping skills and managerial abilities that make for a comfortable, satisfying home.
7. To attain the desirable individual and social satisfactions that are involved in homemaking.

FOOD PREPARATION

To help 4-H Club members:

1. To gain an understanding of the signs of good growth and nutrition, a knowledge of the food needs of different age groups, and also a knowledge of wholesome foods, their preparation and combination, in order that they may be able to select diets that are adequate.
2. To improve personal food habits.
3. To develop skill in the preparation of food and in the planning and serving of meals.
4. To effect a better distribution of expenditures through a study of food costs.
5. To attain a more enjoyable life and a more attractive personality through the maintenance of positive health.

FOOD PRESERVATION

To help 4-H Club members:

1. To acquire the knowledge and to develop the skills essential to successful preservation of fruits, vegetables, and meats.
2. To take an active part in canning for the family.
3. To appreciate the importance of fruits and vegetables in the diet and to increase their use during the winter months.
4. To utilize surplus products raised on the farm.
5. To secure a more varied, well-balanced diet and reduce cash expenditures for food by the use of a family food plan.

CLOTHING

To help 4-H Club members:

1. To be appropriately, becomingly, healthfully, and economically dressed at all times.
2. To develop grace, poise, good posture, and the habits of good grooming.
3. To develop the skills and knowledges necessary to plan, select, construct, and assemble suitable costumes for various occasions.
4. To "know themselves" in order to choose clothing which is most suitable to their type and most expressive of their personality.

HOME GROUNDS BEAUTIFICATION

To help 4-H Club members:

1. To make their home surroundings more attractive and to develop a feeling of pride and joy in their homes.
2. To appreciate the natural beauties of their own environment in the open country.
3. To develop happy family relationships through working with the other members of the family in beautifying their home grounds.
4. To gain a knowledge of plant materials and their artistic uses.
5. To plant and care for native and other shrubs and flowers.

RURAL ELECTRIFICATION

To help 4-H Club members:

1. To study with other members of the club the values of electricity to the community, whether or not it is now available
2. To determine the practical uses for electricity on their farms and in their homes. This includes a study of the economics of the farm and home operating schedule and of electrical equipment which can best fit into that program.
3. To develop an understanding of how electricity may be used to produce efficiently light, heat, and power for the farm and home. This includes a knowledge of the principles of good lighting and efficient use of electrical equipment.
4. To add to the conveniences and efficiency of the farm or home by carrying out an electrical improvement and discussing the significance of this improvement with the 4-H Club.

